

Mastering Your Diabetes

A comprehensive course to help you meet your goals!

Reach your maximum potential!

YES. YOU. CAN. Mastering Your Diabetes (MYD) is a three-day, intensive self-management course for adults and children with insulin-dependent diabetes. Offered multiple times a year, with one exclusively for kids and teens and another specifically for college-bound students, this highly interactive program will empower you to make informed decisions regarding your day-to-day diabetes management.

- Achieve greater control and more freedom with high-level knowledge
- Enhance your ability to think “beyond the rules” to achieve target blood sugars
- Learn to use your pump and/or CGM more effectively
- Enjoy intimate class setting with no more than 12 participants
- Learn about emotional wellbeing and coping techniques
- Hone your nutrition know-how (portion distortion, reading food labels, shopping, etc.)



“This class has been wonderful! My child has had diabetes for many years, but this was more than a refresher. It was so in-depth and will help her manage diabetes on her own. There’s nothing else out there like it.”

Space is limited. Register today! Fill out the registration form and self-management questionnaire, then submit it to: sjn48@med.miami.edu. Submitting a form does not guarantee enrollment. Once received, we will contact you to confirm your eligibility and class availability.

MYD Registration Form
October 11-13, 2019 (Adults)



The Best Hope for a Cure®

Today's date: _____

Name: _____ Date of birth: _____

Address: _____

City/State/Zip: _____

Social Security Number: _____

Mobile phone: _____ Work phone: _____

Home phone: _____ Email: _____

Emergency contact name and phone: _____

Are you currently a patient at the Diabetes Research Institute? Yes No

Physician name and phone: _____

Physician address: _____

Insurance company: _____

Insurance address: _____

Subscriber's name: _____ Subscriber's DOD: _____

Relationship to subscriber: _____

ID #: _____ Group#: _____

I, _____, understand that I am responsible for my bill.

>>INCLUDE a photocopy of your insurance card, front and back.

Diabetes Self-Management Questionnaire

Congratulations on taking the first step in taking charge of your diabetes! We'd love to know more about your diabetes self-management skills. Understanding more about you will help us create the best learning experience possible!



Are you currently using a continuous glucose monitor? Yes No

Brand: _____

What blood glucose meter do you currently use? _____

How many times during the day do you test your blood sugar? _____

What was your last hemoglobin A1C test result? _____ % on _____

What tool do you use to administer your insulin?
 Syringe Pen Pump / Pump brand _____

What long-acting insulin are you currently using? _____

What bolus rapid-acting insulin are you currently using? _____

What is your blood sugar target? 120 150 180 I don't know.

Other: _____

Are you counting the carbohydrates you eat? Yes No

What is your carbohydrate ratio? _____ I don't know.

What is your current correction factor? _____ I don't know.

